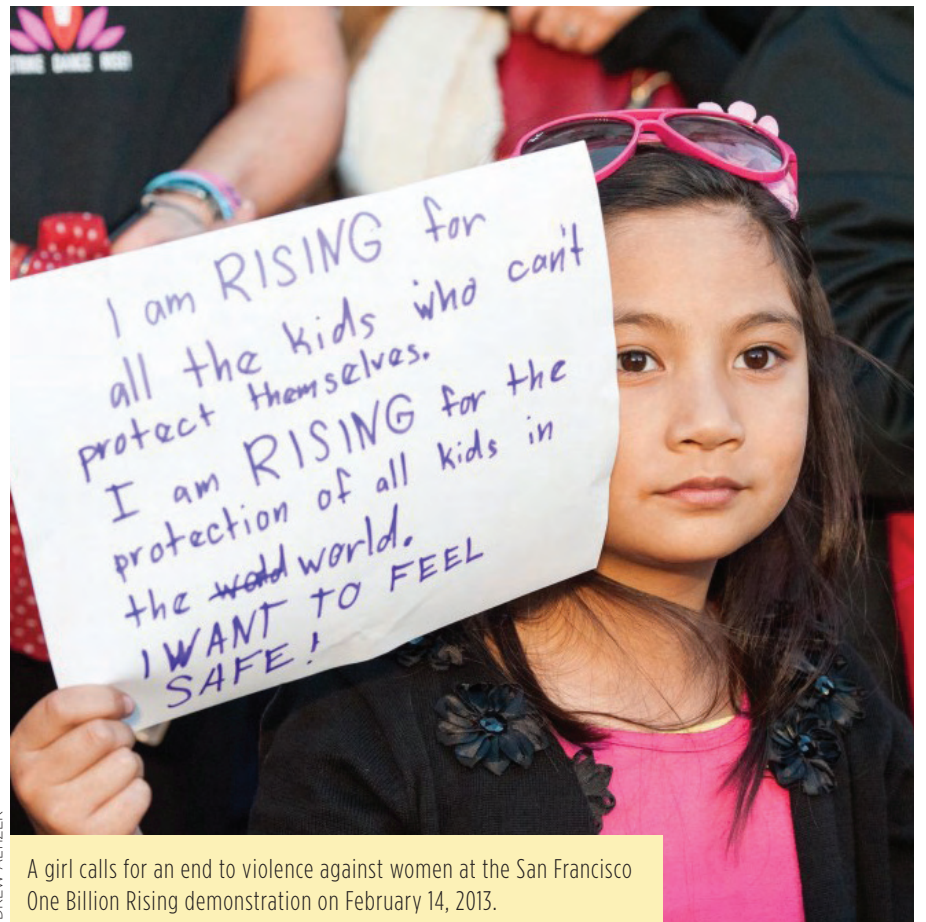




## WOMEN RISE UP

By INDYKIDS STAFF

**O**n February 14, 2013, hundreds of thousands of women across six continents gathered in groups and danced. Women danced together in San Francisco, Brazil, the Democratic Republic of Congo, the Philippines, New Zealand, Chicago, and hundreds of other cities and towns around the world. They danced as part of a global campaign to raise awareness of violence against women and girls called One Billion Rising. According to the United Nations Population Fund, as many as one in three women worldwide will at some point in their lives suffer violence. “One Billion Rising brought together coalitions of groups and individuals that have never worked together before,” said playwright Eve Ensler, who helped to start the movement around the campaign. “It did all of this while putting violence against women to the center of the global discussion.”



DREW ALTZER

A girl calls for an end to violence against women at the San Francisco One Billion Rising demonstration on February 14, 2013.



PATRICIA CHAMMAS

Dancers join the One Billion Rising demonstrations in São Paulo, Brazil.



V-DAY

One Billion Rising in Sudan.

**Women throughout history** have been at the center of social movements of all kinds. In honor of women's history month, here are two examples of how women have come together to demand change through public protest and mass demonstrations:



Women gather in protest of pass laws in Pretoria, South Africa in 1956.

### 1956 Pretoria Women's March

On August 9, 1956, 20,000 South African women from all across South Africa and of all racial backgrounds gathered together in Pretoria, the country's administrative capital, to march in protest of “pass laws.” These were

discriminatory laws that limited the movement of black South Africans by requiring them to carry a pass book whenever they traveled outside of certain designated areas. They could be stopped by any White person and asked for their documents. If found without them, they could be arrested. Pass laws were used during apartheid.\*

Before 1956, these laws did not apply to black women. Once women became subject to them, they protested and chanted a song to affirm their determination: “Wathint'Abafazi Wathint'imbokodo!” Translation: “Now you have touched the women, you have struck a rock!” August 9 is now a public holiday in South Africa—National Women's Day.

### Russia's February Revolution—A Women-Led Strike

On February 23, 1917, when International Women's Day was being recognized in Russia, working women in the Russian city of Petrograd, now Saint Petersburg, organized nearly 50,000 workers to go on strike. Peasants and working class people in Russia had been working very long hours and living in poor conditions, with little to eat and with no support from Tsar Nicholas II. By the next day, an estimated 150,000 workers had joined the strike. By February 25, nearly every industrial and commercial workplace in Petrograd was closed due to the strike. The women-led strike is recognized as the beginning of the first Russian Revolution. Tsar Nicholas II was forced to step down on March 2.

\***Apartheid:** a system of racial segregation enforced in South Africa from 1948-1994 through which the rights of black South Africans were severely restricted.





## Meet... Vanessa from Colombia

**Name:** Vanessa Castrillon Escudero

**Age:** 13

**Language Spoken:** Spanish and basic English

**Parent's Job:** Mother works as a cleaning lady

**Favorite Foods:** Ice cream and red beans

**Favorite Animal:** Spectacled Bear, also known as the Andean Bear

**Favorite Subject in School:** Natural Sciences; she says she wants to be a forensic anthropologist when she grows up

**Favorite Activities:** Hanging out with friends and watching "Bones"

**Favorite Flower:** Anturio Negro; its scientific name is *Anthurium Watermalienensis*

**What She Wants to Be When She Grows Up:** A forensic anthropologist because she's always been curious about the human body and what we are made of



## Colombia at a Glance

**Capital City:** Bogota

**Population:** 46,927,125

**Languages Spoken:** Spanish along with nearly 80 indigenous dialects, most of which belong to the Chibchan, Arawak and Cariban language families.

**Geography:** Northwest corner of South America, west of Venezuela and north of Ecuador, Peru and Brazil

**Religions:** Roman Catholic (81 to 90 percent); Protestant (10 to 13 percent); indigenous beliefs (1 percent); other religions (<1 percent)

# 500

The meteor that exploded above the Russian city of Chelyabinsk on February 15 released 500 kilotons of energy. The atomic bomb dropped on Hiroshima in 1945 was 12-15 kilotons.

# nation&world

## Piping Up Against the Keystone XL



By OSCAR ASTON, age 10

**O**n February 17, 35,000 people gathered in Washington, D.C. to protest the building of an underground pipeline called the Keystone XL. The oil company TransCanada wants to build this pipeline in order to transport oil from Alberta, Canada, to the Gulf of Mexico.

Environmental and community activists are worried about the potential damage to public health and the environment. "The pipeline is unnecessary and we don't want it and we don't need it," said Lyna Hinkel from 360.org, one of the main organizers of the February 17 protest. The pipeline would go through

Montana, South Dakota, Nebraska, Oklahoma and Texas. Pipeline accidents could poison farms, rivers, water sources, animal habitats and fisheries. According to Tar Sands Action, a group against the pipeline, TransCanada had estimated one oil spill every seven years. But in fact that company has reported 12 spills each year, due to defects in steel.

On February 13, 48 protesters engaged in civil disobedience (a willingness to get arrested as a form of protest) to stand up against the



JOHN DUFFY

Protesters at the February 17 demonstration in Washington, DC against the Keystone XL Pipeline.

Keystone XL pipeline. "This pipeline will benefit very few at the expense of many today and future generations," Hinkel told *IndyKids*.

### WHERE THE U.S. GETS ITS OIL

Today the top five places that the United States gets its oil from are:

**Canada • Mexico • Saudi Arabia  
Venezuela • Nigeria**

## The Road to 100% Renewable

By YUUKI REAL, age 13

**W**ith man-made environmental problems mounting across the globe, many high-profile environmentalists are calling for an end to our reliance on fossil fuels. Fossil fuels such as coal, oil, gas and uranium release greenhouse gases, like carbon dioxide and methane, when they are mined or burned. This contributes to climate change. Sustainable and renewable energy sources such as solar, wind, water and geothermal can be produced continually and have fewer harmful effects on the environment.

Germany and Iceland already use large amounts of renewable power sources: at 40 percent and 75 percent respectively. In the United States, which consumes 25 percent of the world's energy, 8 percent of energy sources are renewable.

Willett Kempton, a renewable energy expert at the University of Delaware, concluded in his recent study that the U.S. has the potential to

switch to 100 percent renewable energy by the year 2030. Kempton isn't alone; Mark Jacobson and Mark Delucchi at Stanford University also argue that the world's energy could be 100 percent renewable by 2030.

If Germany and Iceland can convert so much of their energy to renewable sources, why can't the U.S.? During the Jimmy Carter administration in the late 1970s, the U.S. government made efforts to switch to renewable energy. This was the inspiration that led to Germany's current green energy revolution. However, in the U.S., politics and lobbying have often diminished the prospect for renewable energy. Massive subsidies have been given to the fossil fuel industry for years to help them grow. Since the beginning of the decade, energy companies have spent more



WINDWARTS ENERGIE GMBH

than \$2.5 billion to lobby members of Congress, according to the Center for Responsive Politics.

Without the resources and financial support, the industries developing around renewable energy sources will not be able to grow enough to replace fossil fuels. "This really involves a large scale transformation," Mark Jacobson said of the goal of switching to 100 percent renewables. "It would require an effort comparable to the Apollo moon project or constructing the interstate highway system."

## indykids!

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Published in print five times a year in September, November, January, March and May; Website updated once a month  
Issue #39 • Printed March 8, 2013  
**ISSN: 1943-1031**

### WHAT IS INDYKIDS?

*IndyKids* is a free newspaper, website and teaching tool that aims to inform children on current news and world events from a progressive perspective and to inspire in children a passion for social justice and learning. *IndyKids* is funded through donations and grants.

### SPECIAL THANKS TO...

Common Language Project: www.commonlanguageproject.net  
New York Collective of Radical Educators: www.nycore.org  
New York City Indymedia: www.nyc.indymedia.org  
Teachers Unite: www.teachersunite.net  
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New York Taxi Workers Alliance: www.nytw.org  
People for the Ethical Treatment of Animals: www.peta.org

### HOW CAN I GET INVOLVED?

Just contact *IndyKids*! Adults and kids can write articles, take photos, contribute artwork and help distribute the paper.

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**Webhosting:** Cary Shapiro

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Go to [indykids.org](http://indykids.org) to see the complete list of donors.



## Where in the World?

All the places listed below are mentioned in this issue. Can you match them with their general location on the world map at right? Answers are at the bottom of this page.

- a) Sudan \_\_\_\_
- b) São Paulo (Brazil) \_\_\_\_
- c) San Francisco \_\_\_\_
- d) Siberia \_\_\_\_
- e) Alberta (Canada) \_\_\_\_
- f) Haiti \_\_\_\_
- g) Colombia \_\_\_\_



## Fast Food Workers Walk Out

By ZOLA ROSS-GRAY, age 10

What is the minimum income you could live on? Workers at fast food chains have to think about this question every single day. According to the New York Department of Labor, fast food workers in New York City earn on average \$8.90 an hour, with some workers earning as little as the federal minimum wage, \$7.25.

A group of activists and workers called Fast Food Forward, supported by the Service Employees International Union, has been organizing fast food workers to stand up to company owners. According to Fast Food Forward, “Workers make only 25 percent of what they need to survive in New York City.” Many workers, they reported, cannot afford basics like food, rent and transportation costs.

On November 29th, 2012, more than 200 fast food workers in New York City from McDonalds, Wendy’s, Burger King, Dominos and Papa John’s walked off their jobs to demand better working conditions. They held rallies, demanding that their wages be increased to \$15 an hour and that their union be recognized.

This was the first strike ever to happen among the city’s fast food workers. “For so long, a lot of labor and other folks have avoided these industries because they thought they were too low wage, too hard to organize,”



A worker at Burger King taking part in the November 29, 2012 fast food workers strike in New York City

said Jonathan Westin, organizing director at New York Communities for Change.

McDonalds has seen a 130 percent increase in profits over the past four years. Those profits, though, have not translated into wage increases. Advocates for fast food companies often claim that most fast food workers are teenagers who work to earn extra spending money. According to the Bureau of Labor Statistics, the current median age for fast food workers is 28, and for women fast food workers is 32. “It’s not just your teenagers with after-school jobs. It’s mothers, fathers and families,” Westin said.

## A Meteor Hits Siberia

By INDYKIDS STAFF

On February 15, a meteor, a body of matter from outer space, exploded above the ground in the eastern Russian city of Chelyabinsk. Parts of the exploded meteor hit a school, the Chelyabinsk Railway Institute. According to the Russian Academy of Sciences, it weighed 10 tons, was 10 feet in diameter and traveled 10-12 miles per second. Mike Hankey, from the American Meteor Society (AMS), spoke to *IndyKids*:

**IndyKids:** What are the scientific odds that a meteor would hit a school in Siberia?

**Mike Hankey:** These are astronomical odds, impossible to predict or calculate. Considering this fireball was a one in 100 year event and it could have hit anywhere on the planet, at any time of day (not just during school), I’d say the odds are higher than one in a million. But even with incredible odds, it did still happen.

**IK:** What fun fact should kids know about meteors?



An artistic representation of a meteor, like the one that exploded over Siberia in February

**MH:** Meteorites are rocks that fall from the sky. When they fall they make a bright light in the sky. Meteorites are leftovers from the creation of our solar system. They are the rarest and oldest material on the planet. Each year, over 15,000 tons of meteorite debris hit the Earth. 7,000 tons hit Russia in one day.

**IK:** What can kids do to learn more about meteors?

**MH:** Go outside at nighttime during the peak of a meteor shower. The Perseids Meteor Shower lasts from July 23 to August 20 and peaks on August 13. Take a nap the day of the peak and then wake up a little after midnight. Go outside (in a dark place, not the city) and watch the sky for a few hours. You could see hundreds of meteors in a single night.

## newsbriefs



UN Peacekeepers in Haiti after the 2010 earthquake.

### UN Refuses to Pay Cholera Victims in Haiti

Following the 2010 Haiti earthquake, 8,000 people have died from cholera, an infectious disease that generally spreads through water and raw sewage. The epidemic has infected one in 16 Haitians, many of whom are children. Haiti hadn’t seen any reported cases of cholera in the past century. According to the Institute for Justice and Democracy, sufficient evidence traces the epidemic to United Nations peacekeeping workers who arrived in Haiti from Nepal in 2010. The UN has refused to offer compensation to victims of the 2010 cholera epidemic in Haiti.



### Show Us the Money!

Women make 79 percent of what men make in weekly pay based on full time work, according to the Bureau of Labor Statistics (BLS), a government agency that monitors trends in labor. Fifty years ago, in 1963, the government passed the Equal Pay Act, saying that pay differences between men and women for similar work would be abolished.



### You’ve Got No Mail

Starting August 2013, the United States Post Office will end Saturday delivery. First class mail will only be delivered five days a week. Cutting Saturday delivery is expected to save \$2 billion each year. The USPS reported it lost nearly \$16 billion last year.





# The FLU and YOU

By INDYKIDS STAFF  
Illustrations by  
IVETTE SALOM

## Wondering How Not to Get or Spread the Flu?

Start with these two important tips:

- (1) Cover your mouth and nose with your elbow or upper arm when you sneeze and cough instead of with your hand. Influenza particles travel in the air, so covering your nose and mouth helps to prevent them from reaching others.
- (2) Wash your hands with soap regularly, especially before you cook, eat or touch your face, and after you use the bathroom, blow your nose, sneeze or cough. The influenza virus can stay active on hard surfaces like door knobs and elevator buttons for as long as 48 hours. Washing your hands prevents you from being infected by a virus that may have spread to other surfaces.



## Fighting for Sick Days

Each year, the CDC releases a statement urging people that one of the best ways to avoid spreading the flu, in addition to hand washing and getting the annual vaccine, is to “stay home from work, school and errands when you are sick” to avoid infecting others. But not all workers can afford to recover at home when they have the flu. In a survey conducted by the Restaurant Opportunities Center, 87.7 percent of workers stated that they did not have paid sick leave. So if they do feel like they are coming down with the flu, they are forced to make a tough choice between getting paid or not spreading the virus.

The National Restaurant Association, a big lobby for restaurant owners, has been lobbying against giving workers paid sick leave because they claim “it will be a huge financial and logistical (planning) burden for businesses.” Advocate for paid sick leave Saru Jayaraman insists, “When we get the flu, we just want to stay in bed and have someone care for us. We should allow restaurant workers the ability to do that, too. America would be a healthier place for it.”

**The flu strikes each fall and winter.** Hundreds of thousands of people go home to their beds or to the hospital with fevers, aches, runny noses and coughs. This winter’s flu was especially harsh. According to the Centers for Disease Control and Prevention, the number of reported cases of the flu from September 30, 2012 to the end of 2012 was 26 times the number of reported cases during the same period in 2011. Why does the flu’s effect vary so much year-to-year? Why is there no cure?

The flu is short for influenza (in-floo-EN-za). It is a type of infectious disease passed from one person to another by some kind of contact. Although flu symptoms appear a lot like those of a common cold, influenza can be much more severe and harder to predict. Influenza, which affects birds and mammals alike, is caused by a strain (type) of viruses. Too small to be seen by a light microscope, a virus itself is not actually alive, but attacks living cells in the body.

When an influenza virus invades your body for the first time, your body’s immune system may not know how to fight it. You may get sick. Your immune system contains white blood cells, or leukocytes, that find and help get rid of viruses and other organisms that can cause disease. After a strain of the influenza virus has attacked cells in your body, leukocytes work to recognize the traits of the virus and make antibodies designed to fight that exact strain. If the same virus comes back to attack your cells a second time, leukocytes in your body’s immune system will remember the type of antibody needed to fight that virus and send it into battle quickly. That way, you are less likely to get sick.

But viruses are shape shifters. The viruses associated with influenza mutate (change) in small but significant ways and can trick our bodies. Cells in our bodies might be able to recognize enough of a mutated virus to fight back with the right antibodies, but their ability to do so depends on the strength of our immune systems. The immune systems of young children are less developed, while the immune systems of the elderly are generally weakened with age. This is why those most at risk for the flu tend to be children younger than two, adults 65 and older, and those that suffer from medical conditions that weaken the immune system.



Check out  
[www.indykids.org](http://www.indykids.org)  
to see close-up  
images of the  
flu virus!

## Glossary of terms

- antibodies:** proteins that have specific roles in fighting against toxins and viruses in the body
- immune system:** your body’s defense against infections and diseases. The immune system is made up of organs, tissues, cells and proteins that fight off germs
- lobby:** a group of people paid to influence legislator’s decisions
- pandemic:** an infectious disease epidemic that has spread widely, sometimes across continents

## A Prick in the Arm



By SAMUEL MARTINEZ, age 11, and LILY COOK, age 15

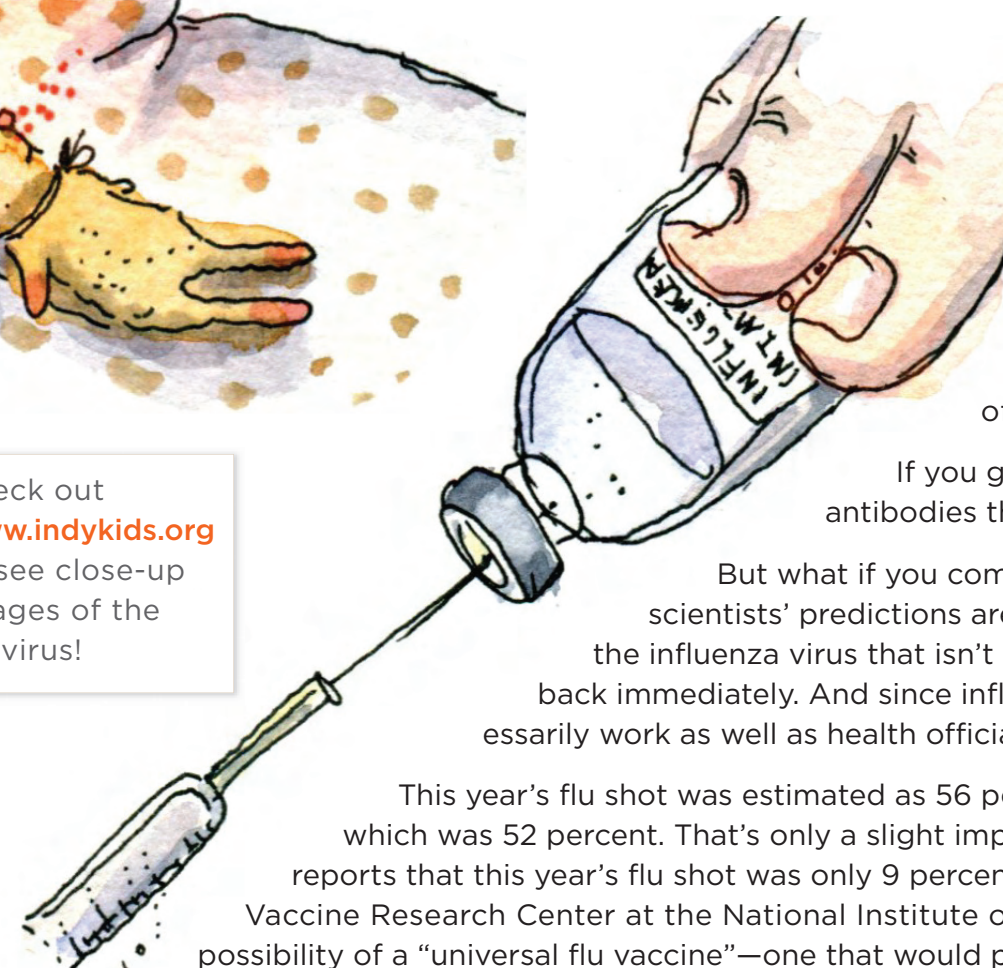
Towards the end of each flu season, scientists attempt to predict which three strains of the influenza virus will spread the most the following flu season. Using their predictions, they create a vaccine that is made from inactivated forms of these viruses that they often grow inside of chicken eggs. The process can take as long as six months.

If you get a flu shot, two weeks later your body will begin to produce antibodies that will be ready to fight against those three strains of the flu.

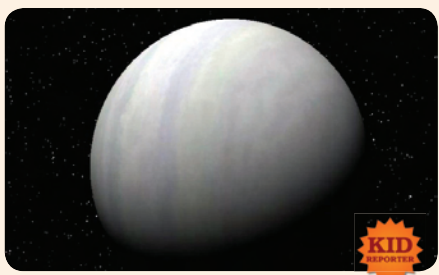
But what if you come into contact with a different strain of the flu? Unfortunately, scientists’ predictions are not always correct. If you come into contact with a strain of the influenza virus that isn’t protected by the flu shot, your body may not be able to fight back immediately. And since influenza viruses tend to mutate often, the flu shot doesn’t necessarily work as well as health officials would like.

This year’s flu shot was estimated as 56 percent effective. Compared to last year’s effectiveness rate, which was 52 percent. That’s only a slight improvement. What is most disturbing, though, is that the CDC reports that this year’s flu shot was only 9 percent effective among those aged 65 and older. Scientists at the Vaccine Research Center at the National Institute of Allergy and Infectious Diseases are now looking into the possibility of a “universal flu vaccine”—one that would protect people from just about any strain of flu.

In the meantime, a flu expert from the Centers for Disease Control and Prevention said, “Year in and year out, the vaccine is the best protection we have.”







KOEDQUEST

## Planet of Diamonds?

By KALANI CHEN-HAYES, age 9

Scientists at Yale University say they have found a planet 40 Light Years away from Earth whose surface is made up of diamond. The planet has been named 55 Cancri (can-cree). The planet's radius is twice that of Earth's and it weighs eight times the mass of Earth. 55 Cancri rotates really fast—its year is just 18 hours. It's also incredibly hot, with temperatures averaging 3,900 degrees Fahrenheit. With such a blazing climate, it's unlikely that scientists will ever get up close and personal with this "Diamond Planet" to see exactly how shiny it might be.



DAN HERSHMAN

## Hidden Communication

By LILY COOK, age 15

Pheromones are chemicals produced by animals that attract other animals of the same species. Recently, scientists from the Marine Biological Laboratory discovered that male squid can detect pheromones in eggs with unhatched baby squid inside of them. These pheromones caused the males to become aggressive. Scientists believe that their aggression is a sign of the male squid's knowledge that if there is a fertilized egg around, a female squid who is ready to mate cannot be far behind.



ANDRA ZOMMERS/UNIVERSITY OF GUELPH

## Slimy Strings

Threads made from the slimy mucus of a hagfish might lead to new technologies in fibers, scientists have found. The hagfish, a marine animal that is shaped like an eel, emits a large amount of mucus from its slime pores when it is threatened. The mucus gets caught in the gills of its predators. A study from the University of Guelph in Canada shows that threads made from this mucus are so strong and stretchy that they could make for the perfect fiber for parachutes or packaging materials that need both strength and flexibility.

30,000

The number of meters in a light second. A light year is not a measure of time, but of distance—it is the distance that light travels in a vacuum in 356.25 days.

# culture&activism

## From Farms to Factories



USDA

A factory farm for chickens in Florida.

By CALUM WOLFE-THOMPSON, age 9

**D**id you ever wonder how the chicken in your sandwich got to your plate? In the early 20th century, it usually would have been from farms where chickens roamed freely and ate feed thrown by farmers. But with the discovery of vitamins A and D that could be given directly to animals, and antibiotics that could prevent animal diseases, large numbers of animals started to be raised indoors in cramped holding areas, resulting in the rise of factory farms.

Factory farms operate like businesses and try to maximize the number of livestock they raise. They have become more numerous in the past two decades. These farms generally mass produce milk, eggs and meat for humans. Supporters of factory farms say that the system uses less land and is now more efficient.

But according to advocates like the Food Empowerment Project, the trend of factory farms has resulted in abuse of animals and unfair treatment of factory farm workers who are exposed to harmful chemicals that cause health problems. The Natural Resources Defense Council has released research that shows pollution from farms threatens humans, fish and ecosystems.

### Some Facts About Factory Farms:

- Factory farms in the U.S. produce 100 times more waste than humans in the U.S. The animal waste threatens to seep into groundwater.
- Animal waste contains disease-causing bacteria such as Salmonella, E. coli, Cryptosporidium, and fecal coliform. More than 40 diseases can be transmitted to humans through manure.
- Ten factory farms together produce more than 90 percent of poultry in the U.S.
- 80 percent of antibiotics in the U.S. are used to speed the growth of livestock in factory farms and are added to animal feed.

Source: National Resources Defense Council

## Where Did My Fruit Come From?

BY MALIK L. SHAH, age 9

**C**an the way we eat have an impact on our environment? Would it matter if the food you ate today came from very far away instead of just around the corner? Would it make a difference to our ecosystem if your snack arrived on your plate by airplane or cargo train, or if it was picked nearby? Advocates of the local foods movement believe it does make a difference. As Jen Maiser of the web blog Eat Local Challenge says, how something is grown, how it gets to you, and how the employees getting it to you were treated matters a lot. "It's about having a sense of exactly where my food comes from." Advocates argue that eating local helps reduce "food miles," therefore reducing pollution from trains, planes and trucks.

"The thing about eating locally is that you're reducing the amount of greenhouse gases in the atmosphere," said Beatriz Beckford, director of organizing and policy initiatives at Brooklyn Food Coalition. "Trucks use a lot of gas and they release a lot of emissions when they drive long distances."

### Want to know what you can do?

**Eat Locally:** One way to help the environment is to eat foods that were grown nearby. For example, some foods you can get that are grown locally in New York in March include carrots, garlic and potatoes.

**Eat Seasonally:** Wait to eat fruits like strawberries and blueberries until they are in season.

**Learn about where your food came from:** Go to community gardens near your house where you will know where and how your vegetables were grown.

You can also grow food in your own house!



FARMANAC



## Should All Workers Have Paid Sick Leave?

A recent study by the Restaurant Opportunities Center found that 87.7 percent of restaurant workers in New York City do not get paid sick leave. This means that when they are sick, they have to make the difficult decision between staying home and not getting paid, or going to work and possibly infecting other. *IndyKids* asked these kids what they thought.



I think it's not fair because it's only one day away from their jobs. People work hard and they need money. People should get paid when they are sick no matter where they work.  
**Vianise Felipe, age 9**



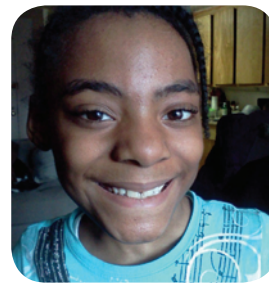
That's unfair. Other people get paid when they're sick. I would pay them.  
**Nikkii Knight, age 9**



I think that's not good. They work really hard. When they don't get paid that's bad. I would pay them if they were sick.  
**Ayca Tuzer, age 11**



I think it's not fair. People need to pay rent. I would give them money if they were sick and can't come to work.  
**Manuel Maldonado, age 9**



I think that's not good. You should get paid for when you're sick.  
**Madison Perdue, age 8**

## Someday, you could be a **Radio Producer**, just like **Mythili Rao**

**W**hen you tune in to your morning news show on the radio, have you ever thought about what goes on behind the scenes? Mythili Rao, associate producer at WNYC's daily radio news program, "The Takeaway," tells *IndyKids* a bit about her job.

**IndyKids: What does a typical day as a radio producer look like?**

**Mythili Rao:** It can vary a lot! The show I work on is a daily morning program, so most days begin early. I help make sure everything runs smoothly while the show is live. I check in with guests before they are interviewed on air, collaborate on writing scripts and transitions, and check facts and share background to help prepare the host of the show. After the show ends, my coworkers and I take a deep breath and then start planning for the next day. In our daily editorial meeting, we discuss the big news stories of the day and brainstorm meaningful ways to cover them. Once we have outlined a broad plan, we each focus on a few specific stories for the next day.

**How do you decide what goes into a radio news program?**

We argue about it, nicely. Everyone on the staff has different ideas—and everyone is encouraged to voice their opinion. More often than not, after we debate stories and

angles we reach a clear consensus. We want the program to be informative, lively and original. We look for ways to tell stories that aren't being told or to deepen the discussion on big stories.

**What is the most fun part of your job?**

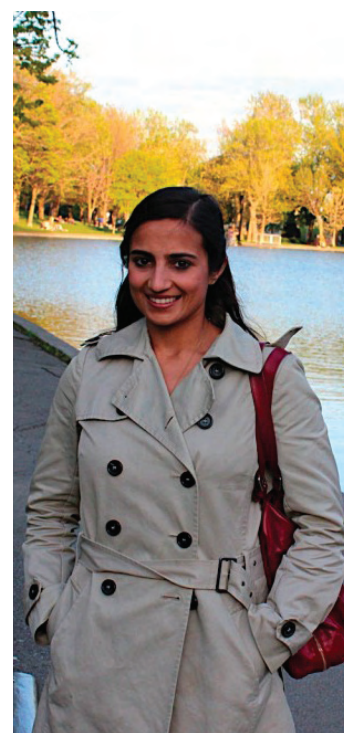
The most fun part of my job is getting to talk to many different kinds of people. I like assignments that take me out into the field—whether it's a book fair or a political rally. But even on the days when I never leave my desk, I enjoy talking to many kinds of people—writers, scientists, politicians, activists, foreign correspondents, inventors, artists, farmers, teachers, salesmen—on the phone and hearing about their ideas and experiences.

**How about the most challenging aspect?**

Things move fast on a daily show, especially when a big story breaks. Sometimes it can feel very hectic.

**Do you have any advice for kids interested in radio journalism?**

When I was little, my uncle took me to a wildlife preserve. I brought a tape recorder because I wanted to capture the sound of a tiger roaring. I did—and then played the roar over and over again. There are wonderful sounds and stories everywhere. Listen for them, and you will find a way to share them.



JAY DAVIES

## letters

Students from Keedra Gibba's English class at Fieldston Middle School in New York City wrote to *IndyKids* to share their thoughts on the article "Domestic Workers Fight for Their Rights" from the November 2012 issue of *IndyKids*. Here are a few of their letters:

I never knew about this issue. I never even thought about how these workers were treated, because their voices are silenced. I like Jennifer Barrera's point of view about how it shouldn't go all out, because it will make working class family worry more about. I also think that there does have to be a change in how these workers are treated.

**Jeremy**

I did not know that domestic workers were being abused in this way. Such as not giving domestic workers days off or hiring workers that they know are not citizens. I think that it is amazing that children are standing up for their babysitters and housekeepers.

**Whitney**

I have a babysitter who takes care of my little siblings, but I didn't know that babysitters and nannies



and house cleaners were treated so poorly! It makes me wonder why a law for domestic workers' rights would be vetoed! Thanks for letting me know!

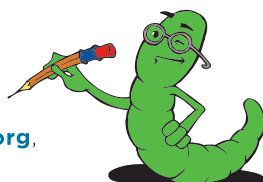
**Megan**

I see both perspectives but I agree that care-givers or nannies need to be treated better. A lot of nannies spend more time with the children than the parents, so they should be paid and treated well by the parents for helping them raise and take care of their children. Many nannies are the ones who take care of the children when they're sick, and it's ridiculous for them to not be paid when they stay home because they caught the children's sickness.

**Dani**

Before I read this article, I didn't know anything about the Domestic Worker's Bill of Rights. I didn't know that there wasn't already something that was protecting babysitters, housekeepers, etc. I knew that some people weren't treated fairly but I also thought that they were supposed to be treated fairly. I thought that there must have been a law or rights that would help these people who need rights too.

**Hannah**



### WRITE TO INDYKIDS!

Send an email to: [info@indykids.org](mailto:info@indykids.org), comment online at [www.indykids.org](http://www.indykids.org), or write to: *IndyKids*, P.O. Box 2281, New York NY 10163

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*IndyKids* has no advertisements and our main support comes from readers like you. Please help continue to bring independent news to kids by sending a tax-deductible donation to *IndyKids*, P.O. Box 2281, New York, NY 10163. Better yet, go to [IndyKids.org](http://IndyKids.org) and donate there. It's the easiest and most cost effective for *IndyKids*.



GARY MARTIN

**Apply to *IndyKids'* Kid Reporter Program!**  
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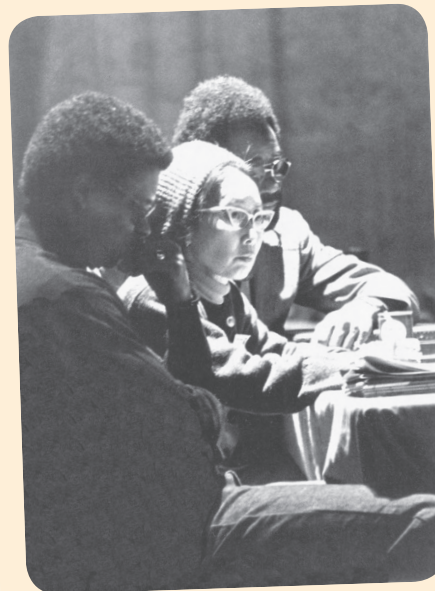
MILKNOSUGAR

## Grow Your Own Tomatoes!

By ALEJANDRA PAULINO, age 11

One way to help the environment is to eat foods that were grown nearby. Even better, you can try growing your own food. Here's a guide to growing your own tomatoes on a windowsill! Once they're ready to be plucked, you can slice them for sandwiches, cook them into a sauce or find other fun ways to eat them.

1. Buy tomato seeds from your local hardware store or nursery. Choose varieties that are small and mature quickly for best results. Good choices to try include Early Salad, Red Cushion, Pretty Patio and Tiny Tim.
2. Fill a large container, at least three to five gallons, with medium textured commercial potting soil, which you can find at a hardware or general store.
3. Sprinkle the seeds on top of the dirt, then cover them lightly with more soil (about 1/8 to 1/4 of an inch). Water the soil to keep it moist and help the seeds grow.
4. Put the container in a bright, sunny location, such as on a south-facing windowsill or by a south-facing window.
5. Check everyday to see if your tomatoes need water. To check, poke a finger into the soil. If the soil is dry, add water. If it feels damp, wait and check again in a day.
6. Try fertilizing your plants every other week to help them grow. Use fertilizer from a hardware store or nursery. You can also make compost from leftover fruit and vegetable scraps.
7. After about three weeks you should see leaves on your plants. After two months, your tomatoes should be bright red and ready to enjoy!



## Who Am I?

1. I am a Japanese-American human rights activist.
2. I was put in an internment camp with my family and other Japanese Americans during WWII after Pearl Harbor was bombed.
3. I lived in Harlem with my husband and six children.
4. I supported the Black Power movement and the movement for Puerto Rican Independence.
5. I held my friend Malcolm X when he was killed in the Audubon Ballroom in Harlem in 1965.
6. I have fought for civil rights since the 1960s.

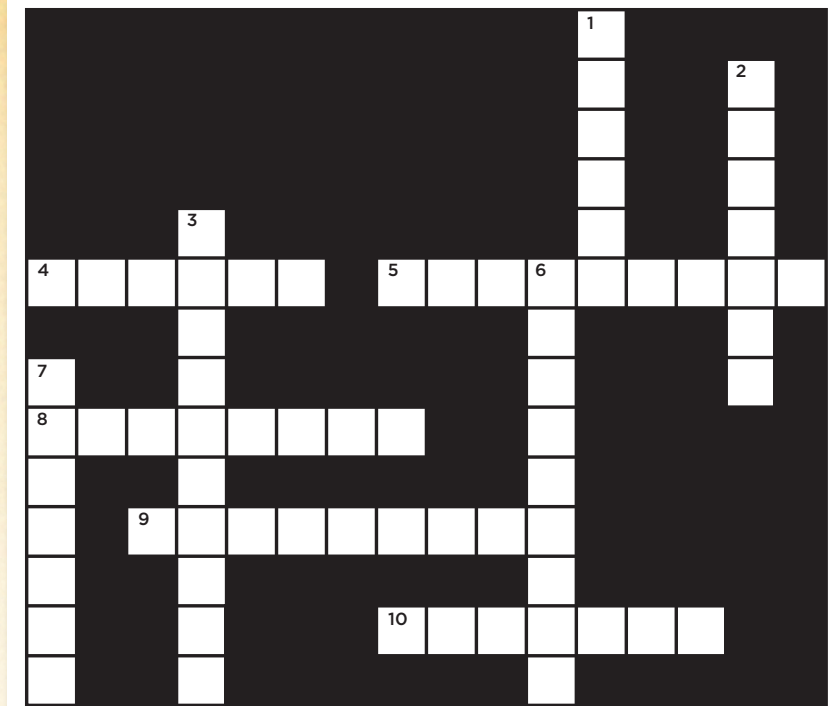


WIKIMEDIA COMMONS

The Angora rabbit looks a bit like a giant fur ball with a face, but it is in fact a very distinguished animal. Its name refers to several of the oldest breeds of domesticated (pet) rabbits in the world.

### DID YOU KNOW?

- Angora rabbits are originally from Turkey. The capital of Turkey, Ankara, was called Angora from 1073 until 1930. The city was famous not only for these long-haired rabbits, but also for its long-haired goats and a breed of cat that came to be known as the Turkish Angora.



## Crossword!

Use these clues and the articles in this issue of *IndyKids* to complete this puzzle. For a hint, look back at the page listed for each clue.

### ACROSS

- 4 what exploded above the Siberian city of Chelyabinsk on February 15, 2013 (p. 3)
- 5 a system of racial segregation in South Africa that ended in 1994 (p. 1)
- 8 the administrative capital of South Africa (p. 1)
- 9 the flu is short for \_\_\_\_\_ (pp. 4-5)
- 10 the infectious disease that has spread in Haiti after the 2010 earthquake (p. 3)

### DOWN

- 1 the name of one vegetable grown locally in New York in March (p. 6)
- 2 a marine animal whose mucus can be made into strong, flexible threads (p. 6)
- 3 an underground pipeline that, if built, would bring oil from Alberta, Canada, to New Mexico (p. 2)
- 6 sources of energy like solar, wind, water and geothermal (p. 2)
- 7 the primary language spoken in Colombia (p.2)

## Getting Wild with the Angora Rabbit

- The French decided to begin breeding the rabbit for its wool in the 18th century. Angora rabbits were a common pet for French royalty.

- The wool spun from an Angora rabbit's extra thin, long and silky fur is softer than cashmere.

- Because the hair of Angora rabbits is so soft and long, the rabbits often accidentally swallow their own hair. The hair can get caught in their digestive tract. It can cause a dangerous and fatal condition called wool block. To prevent this from happening, Angora rabbits have to eat a lot of fiber.